



CRS Parent Connection

Alabama Department of Rehabilitation Services

Volume 19, Number 3



Fall/Winter 2011



► New office hosts first PAC meeting, Page 4



ANNISTON OPEN HOUSE

Above, Phil Webb, chairman of the Calhoun County Chamber of Commerce, and ADRS consumers Faith Callabam and Zainab Sabree cut the ribbon on the department's new facility in Anniston. Right, Faith visits with ADRS Commissioner Cary Boswell and CRS Speech/Language Pathologist Lora Chatmon in the Feeding Clinic observation room of the new CRS clinic area. The new complex combines the Anniston offices of Alabama's Early Intervention System (EI), Children's Rehabilitation Service (CRS), Vocational Rehabilitation Service (VRS), and the State of Alabama Independent Living (SAIL) Service as well as the Talladega CRS office.

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Parent Connection is a complimentary newsletter published by Children's Rehabilitation Service for families of children with special health care needs. The goal of this newsletter is to increase communication and share information about children with special health care needs and their families. The newsletter reflects a family-centered theme throughout and serves as a forum for family members to share information, thoughts, feelings, concerns, etc. Nothing printed or implied in this publication constitutes an endorsement by the Alabama Department of Rehabilitation Services.

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From the Director's Chair



Hello Parents,

We are at the halfway point of the first quarter of FY 2012 and are very pleased that the Education Trust Fund budget, from which ADRS/CRS is funded, has not been prorated. CRS is operating well within its spending plan and has been diligently working to decrease yearly budgets to accommodate the continued decrease in state allocations that we've experienced since 2006. In response to the continued loss of funds, CRS has reduced operational costs to minimize the impact of any future cuts on client services. We have been downsizing staff size through attrition, which includes resignations, retirements and necessary terminations. As these situations occur, CRS is only filling the most critical positions. Staff members are traveling more to assist in offices/clinics where they are needed, and in some instances, staff could be transferred to offices where they are needed more. All ADRS divisions are in need of increased funding for FY 2013, and we will keep you informed of the legislative budget process through your local parent advisory committees (local PAC).

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In this edition, I would like to focus on the Alabama Insurance Exchange. You will want to follow the news and other reports regarding the exchange so that when it is established, you can assure that you and your family members are receiving the best available health insurance coverage.

"The Patient Protection and Affordable Care Act of 2009" ("PPACA") (Public Law 111-148) requires in Section 1311 that "Each State shall, not later than January 1, 2014, establish an American Health Benefit Exchange ("Exchange") that facilitates the purchase of qualified health plans; [and] provides for the establishment of a Small Business Health Options Program ("SHOP Exchange") that is designed to assist qualified employers in the State who are small employers in facilitating the enrollment of their employees in qualified health plans offered in the small group market in the State."

The State of Alabama Department of Insurance is the lead agency in exchange planning and is keeping ADRS/CRS informed of its progress in establishing the exchange, along with numerous other state and community partners. The Department of Insurance is working very closely with Medicaid and the Alabama Department of Public Health, which is good for families since many of you are Medicaid or All Kids recipients. Private insurance companies have also been well represented. Since the outset of exchange meetings in late 2010 and spring 2011, CRS staff have participated in meetings and work group activities in an effort to ensure that children with special health care needs receive every possible consideration for health care coverage and/or enhancements.

On June 2, 2011, Gov. Bentley signed Executive Order 17, creating the Alabama Health Insurance Exchange Study Commission. Since that time, this commission has been studying

Please see Exchange, Page 4

Longtime CRS doctor retires

Earlier this year, Children's Rehabilitation Service staff in Opelika said good-bye to their longtime orthopedic doctor, Dr. Raymond Godsil, after 38 years of service to our children with special orthopedic health care needs.

Dr. Godsil's compassion has helped hundreds of children strive for excellence over the years.

"Dr. Godsil has been my son's doctor for about seven years, and he never misses a beat," said parent Sharon Henderson. "When something is out of line or muscles have gotten too tight, he's on it. He always had an idea of what to try next, and he's always so friendly. Dallas and I will miss him dearly."

Former CRS Physical Therapist Hattie Lette praised Dr. Godsil for his work with CRS.

"I have worked with Dr. Godsil for 36



Dr. Raymond Godsil visits with CRS consumer Dallas Henderson

years. He has an excellent bedside manner, is very diligent with our kids. He really cares about them.

"He has let me do serial casting with him in his office even after I retired, and I've continued a working relationship with him

ever since. I can't say enough about him. He's just a wonderful, wonderful doctor and an asset to our community. He has such a heart for the children. He has given the gift of time and money to our kid and his office is still open for business, he will be greatly missed."

Book Review:

'My Brother, Matthew' by Mary Thompson

When a child with disabilities is born into a family, life shifts to focus on the child – this new child with special needs. Siblings often

This book and others like it are available in the parent resource centers around the state.

have difficulty adjusting and feel left out. In "My Brother, Matthew,"

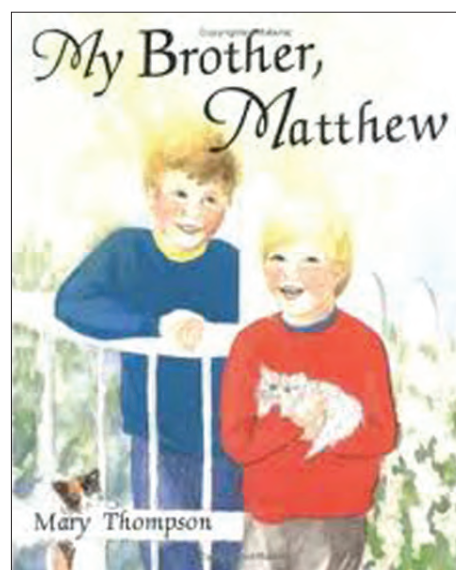
David shares his story about the affect the new arrival has on the family as well as what it is like to be the older brother of Matthew, who is born with disabilities.

The story is genuine in its depiction of the impact that a "special child" has on family

life and in its intention to help ease the way. A book for parents and children to share, this is also suggested for large parenting collections. The book is told from the view of this child and hopefully will help everyone to know what it feels like to be resentful, frustrated and in the position of feeling "left out." Once David is left alone, he figures out a way not only to help himself but also to gain a better understanding of what he can do to help his brother!

Odessa Taylor

Parent Consultant, Selma



Anniston office holds first PAC meeting at new facility

Earlier this year, the Anniston Parent Advisory Committee met for the first time in the new Anniston office. Some 22 people attended, representing CRS and EI families and staff. Staff from the East Central Alabama United Cerebral Palsy also attended to hear our speakers and learn more about resources.

Judy Benton, PT PCS, of Pediatric Physical Therapy in Anniston; Jennifer Gilbert, B.S. ECSE, Early Intervention, Anniston; and Lisa Ellis, PT, Children's Rehabilitation Service, Anniston, spoke on "Physical Therapy – Birth until 21." Services provided by each were explained, including services provided through the school systems. Helpful suggestions were given on including a child's needs on his or her IEP and parent involvement with schools.

Everyone was excited to meet in a spacious conference room, something we didn't have in the old location. Contact Sandra Hazzard for information on future meetings in Anniston and Gadsden: 256-240-8801, 1-800-289-9533, sandra.hazzard@rehab.alabama.gov.

Sandra Hazzard

Parent Consultant, Anniston and Gadsden



Above, the Anniston Parent Advisory Committee meets at the new facility in Anniston; left, Sandra Hazzard, parent consultant, talks with a meeting participant

EXCHANGE

Continued from Page 2

the establishment of the Alabama Health Benefits Exchange in an effort to make recommendations to the governor and Legislature by Dec. 1, 2011. Some of the recommendations will address, 1) whether to create the Alabama exchange within an existing governmental agency, a new governmental agency, or a not-for-profit private entity; 2) an analysis of resource needs for operating and sustaining the exchange; and 3) an analysis of the potential effects of the exchange on relevant insurance markets or existing health programs such as Medicaid

and Public Health. The Study Commission will also review the option to forgo the creation of an exchange in the state of Alabama and rely on the federally-facilitated exchange. Regardless of the outcome of this study, most advocates of the exchange strongly believe that Alabama needs to expand coverage to the uninsured and increase benefit coverage for the underinsured.

By the time you receive this newsletter, the recommendations to Gov. Bentley will likely be available through your local newspapers or through online communications. Please take a moment to review the recommendations

and, when possible, plan to take an active role in advocating for the health insurance needs of families in our state, particularly our children with special health care needs. The CRS statewide parent consultant will keep your local PAC leaders informed of new developments as well.

Finally, I wish all of you the best during this holiday season. The CRS family appreciates you and the trust you place in our staff to provide services to your loved ones.

Melinda Davis

Assistant Commissioner, CRS



PAYING A VISIT

Above, Sister Margaret, a member of the physical therapy faculty at the University of Zambia, talks with Laura Vogtle, CRS occupational therapy vendor, and Billy Ronillo, CRS physical therapist, during a recent Augmentative Communication Technology (ACT) Clinic at the Homewood CRS office. Sister Margaret visited several CRS specialty clinics to learn more about American approaches to the treatment of children with special health care needs.

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Let's YAC about it!

It took on a life of its own

by April Brooks Morris

A little encouragement goes a long way!

In the Spring of 2000, I received a phone call from my Aunt Judy (Barclay). Ah, how excited she was! She and her good friend Jan Cobb had just been awarded a contract from the Federal Resource Center SERRC program to write a BOOK. "Wow! Cool... a book. Do tell me more!"

The "workbook" is to be a collection of resources for parents that have children with disAbilities, but they wanted to take it a step further. Now, this is the best part ... they want to give these parents a "user-friendly guide" book ... to help them work with their children to identify their individual strengths, capabilities, and potential. Ultimately encouraging them to visualize a greater, brighter future than what they could ever imagine possible. Now, I know this sounds like a grandiose statement. "It's amazing to me the power we hold ... in how a little encouragement goes a long way, both to the children with disAbilities and to the parents."

Feeling very inspired by all this ... "OK, how can I help?" I asked. Judy and Jan gave me this huge smile ... "Glad you asked!" Thus began our nightly work sessions for the next 8 months. They wrote the content, and I took their words and formatted it, with illustrations, into a final printed piece. I was so impressed at their diligence. They really thought through the whole process with such great detail. This was very personal for them. Judy and Jan are parents of children with

disAbilities. They understand the daily challenges and frustrations that never go away ... the seemingly simple tasks which become monumental, the feeling of "No Control" and hearing the words "No, they can't" and "Never" over and over again. Emphasizing "Abilities" in each young person (that has been diagnosed with disabilities) is their goal.

It took on a life of its own!

Originally, we were supposed to produce only 500 copies for the state of Alabama. In 2001, as soon as the first batch was printed ... representatives from The Office of Special Education Services (O.S.E.P.) were visiting Alabama reviewing the Federal Resource Centers SERRC Program ... and they saw the workbook. This is where the explosion happened! O.S.E.P. was so excited about what we had created, that they asked us to work with them to "vet" the workbook for use across the U.S. and the territories.

We went from printing 500 copies to 10's of thousands of copies to be available for use across North America. Also, within the first year ... our workbook was being distributed into 4 international countries. We finished the Spanish Edition a few years later. Voila! This is how the Full Life Ahead Foundation of H.O.P.E. ... Helping Other People Envision was created. The workbook took on a life of its own!

What do we do?

Today, the Foundation ships workbooks all over the country to school systems, organizations, individuals with disAbilities, families, and agencies. We have trained professionals conducting H.O.P.E. Team Meetings in an individual's home community, training conferences, seminars & workshops. Three times a year, everyone looks forward to

the family weekend workshop/retreats at Children's Harbor on Lake Martin. During the weekend, we include 4 tracks covering all ages, for the children, teens, single adults, parents, caregivers, educators & service providers. We offer concurrent individual and family tracks covering ... life planning, goal setting, employment options, and community involvement — "a map for achievement"! We make sure to include a "fun program" for the children.

Helping an individual, a family, school or community assist young people (with a disAbility) ... go from where they are now ... to where they "want to be in life" ... is a step by step process. Life is not about what someone can give you; it's about what you can achieve yourself. Through our H.O.P.E. Network, we are able to work with individuals and organizations across North America to achieve great success for individuals and families.

Our achievement process

1) **HOPE:** Our experience is that NOTHING happens without HOPE. Among all of the day to day duties and must do's, the time to HOPE seems to be pushed out and minimized. Hope is a hard thing to do when you have a DISability. Everyone is always looking at the DIS-. We know what is possible, because we have seen what IS possible! When an individual or their parents and community have HOPE, they can ... dream.

2) **DREAM:** What is the future about? Is it about what people are comfortable with me doing, or is it about what I DREAM to do? People with disAbilities have dreams for the future that need to be nurtured. When DREAMS are created, it is time to start ... planning.

3) **PLANNING:** That's right! Individuals

Please see Life, Page 7



SAIL program assists CRS family with roll-in shower

For Cynthia Key, bathing her granddaughter, Alana, had gone from being a manageable task to a nightly ritual of painstaking frustration.

"With Alana getting older and growing each day," Cynthia said, "just getting her in and out of the bathtub was difficult. Add soap and water to that, and you wind up with a very slippery situation."

Diagnosed with cerebral palsy and being medically fragile, Alana has been a part of the CRS family her entire life. She attended clinics when she was younger and received wheelchairs and gait trainers for mobility and rails for her bed to keep her safe at night.

So, when CRS asked Cynthia if there was anything Alana needed, she expressed her concerns about bathing Alana.

CRS then contacted the State of Alabama Independent Living (SAIL)/Homebound Service about Alana's needs. With labor donated courtesy of the Barbour County Homeowners Association, SAIL solved Alana's bath time dilemma when they installed a custom roll-in shower at her home.

"I was really just hoping for a simple bath chair," Cynthia said. "I was blown away when CRS referred us to SAIL for a bathroom remodel."

These days, getting clean is so much easier for Alana and her grandmother. They are now both happier as well.

"Without CRS or SAIL, my child and many children like her would absolutely



CRS consumer Alana Key shows off the roll-in shower that was built with assistance from the State of Alabama Independent Living (SAIL)/Homebound program

not receive what they need," said Cynthia. "With their help, my child's life has been tremendously impacted, and if we didn't have this service, it would be financially

impossible for us to provide for her alone. ADRS's services are invaluable, and many people would definitely suffer without them."

LIFE

Continued from Page 6

with disAbilities can create a LIFE PLAN. How will they ever know the road until they know the destination? What are the supports that are necessary to achieve the Dream? Look around and find a ... community.

4) **COMMUNITY:** The community many times would like to help, but doesn't know how. This is where H.O.P.E. Teams can come into play. And there aren't many handbooks (other than ours) that tell a person (with a disability) how to find and nurture that support. Then, put it into the "action plan" complete with responsibilities and timelines.

5) **ACHIEVE:** This leads to ACHIEVEMENT. Achievement is a huge step in the process because it gives an individual with a disAbility, their family, teachers, community and service providers HOPE; and HOPE breeds a bigger dream... and the process starts all over again.

The Full Life Ahead Foundation is a diverse organization. Collaborating with other organizations, national presenters, and utilizing our H.O.P.E. Teams is how we can effectively help and work with "our families"... all of which is free. Proudly, we have helped many people find a job or start a career. And, at our weekend retreats, our presenters have graciously spent one-on-one time working with many families.

Positive change impacts individuals with disAbilities!

We have witnessed this over and over again through our interactive workshop trainings, and through our one-on-one technical assistance.

Whether it is a couple of hours a day, or a weekend work session... lives are impacted!

-Reprinted with permission from the Full Life Ahead Foundation

ADRS-funded app assists people with speech difficulties

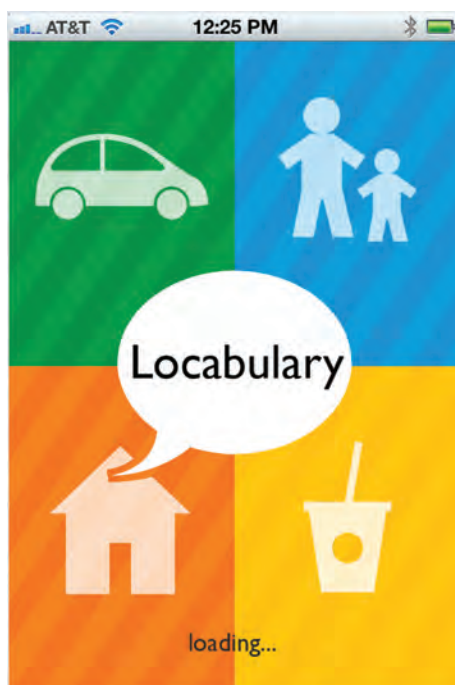
After two years of careful planning, compiling research, and arduous programming, there is now a new way for those with speech difficulties to communicate with others using an iPhone, iPad or iPod Touch.

“For many years now, we’ve tried solving several problems with existing aug comm devices,” said Michael Papp, ADRS rehabilitation technology specialist. “They’re expensive. They’re time consuming to customize to the individual. They’re often large or heavy and cumbersome to transport. What ends up happening is these devices get left at home, where they’re useless.”

Now, though, there’s an app for that.

“Locabulary,” a combination of the words “location” and “vocabulary,” is an augmentative communication application that is as portable as your iOS device.

Built from the ground up specifically for those with speech impairments, Locabulary took shape after Dr. Drew Davis, a pediatric rehabilitation physician and assistant professor at UAB, came up with a concept based on his own observations. Davis noticed that many children with speech difficulties were drawn to cell phones to communicate through texting.



Davis challenged developers to create a cell phone application that was not only easy to understand and use, but also could incorporate several advanced features only seen in aug comm devices. A grant from the Alabama Council for Developmental Disabilities provided initial funding for the project, which was completed with additional

assistance from ADRS stimulus funds.

“Reading text aloud is just the beginning,” said Papp. “Locabulary is location vocabulary, and the app utilizes many GPS functions. If I go to eat at a Pizza Hut, and that location is geotagged, the app will recognize where I am and automatically pull up a vocabulary specific for eating out at a pizza restaurant. Locabulary works the same way for schools, work, or anywhere else you need to go.”

Papp also said that Locabulary has a sense of community built into its design. In the interest of saving time, the application invites users to share their site-specific vocabularies with other users. Shared vocabularies are uploaded to a central web server, saving numerous keystrokes for the next person.

“We wanted to create something that is portable and easy to use, and make it available to as many people as possible,” Papp said. “With Apple’s smartphone approaching ubiquity, we found a platform that would allow us to do just that and focused on developing an app specifically for it.”

The \$129.99 Locabulary Pro application is available to ADRS consumers at no cost with a voucher. A lite version is also available for everyone to try for free.

Deadline for 2012 YLF quickly approaching

The deadline for application to attend the 14th annual Alabama Governor’s Youth Leadership Forum (YLF) is March 16.

Held each year on the campus of Troy University, YLF is a five-day event that seeks to equip high school students with disabilities with valuable leadership skills.

YLF delegates are selected through a statewide competition that seeks students with disabilities who have leadership potential. The selected delegates reflect the state’s demographic makeup in terms of geography, gender, ethnicity, and types of disabilities.

“YLF provides a unique opportunity for young people with disabilities to realize their full



Members of the 2011 YLF class pose for a photo with Alabama Gov. Robert Bentley

leadership potential,” said Karen Jenkins, YLF coordinator. “We actively encourage all of the students to never place unnecessary limits on their academic or career goals for any reason.”

To be eligible to participate in YLF, applicants

must have a disability, be a junior or senior in high school, or be between 17 to 21 years old. For further information or application, either visit www.rehab.alabama.gov/ylf, or contact Karen Jenkins at (334) 293-7108.

Who might be a source of support for your family?

Family Voices has partnered with the American Academy of Pediatrics in the development of “Bright Futures for Families” materials. Recently, they developed fact sheets detailing each of the 10 Bright Futures themes. We will highlight each in this newsletter over the coming months. The theme of this fact sheet is “Family Support.”

Raising a healthy family is important, hard work. At one time or another, nearly everyone needs support. It's a good idea to think ahead about who might be able to help – family, friends, or health providers.

A family's health and well being is a blend of:

- **The Family** – Every family is different and needs unique supports. And, the support your family needs will change over time. Your family may move; your children will change schools. You may have a new baby or a death in the family. It's important to recognize how these changes affect your family and find the right support for each situation.

- **Community** – The area where you live will have resources to help your family. These resources might include shelters, food, clothing, and help getting fuel to heat your home. These supports are for everyone. Your culture, citizenship, religion, or disability will not matter. There are community supports that also help families learn about environmental hazards – conditions in your area that can cause health problems, such as lead paint or second hand smoke.

- **Health Partnerships** – A Medical Home is not a place. It is a way for children and families to receive health care from a primary care provider they know and trust. The health provider and family work together to make sure children and teens are healthy and know about any special health needs. They respect each other and make decisions as a team.

Health providers value the family's role as the constant in their children's lives. They know you know your child best. Your provider will ask about your family, listen to your concerns about your child's health and development, and ask how you are doing.

- **Children with Special Health Care Needs** – Your primary care provider can help you learn about your child's medical condition. She can also help coordinate your child's care with other members of your child's health team and tell you about area resources and supports.

Child and Family

Children learn from their parents, so set good examples. Eat healthy foods, get plenty of exercise and rest and take time to pursue your own hobbies. And, get involved in your community. This will help you develop partnerships with teachers, coaches, health providers and others who can help support your child and family.

Ages and Stages

- **Infancy**: Mothers and fathers have important roles in caring for their newborn. Parents need to talk about ways to share responsibilities so they each have a break and can rest. Even if parents are not living in the same household, both can still be involved.

- **Early Childhood**: Your child is becoming more independent. At the same time, your child may also be fearful of strangers, which can make it hard to separate from you or other family members. Talk with your health provider about ways to make transitions easier for you and your child. Your provider can tell you about early intervention services for young children who may have developmental delays.

- **Middle Childhood**: Your child is getting even more independent, but still needs your guidance and support. If your child needs special education services, you can get help

and support. Watch how your child handles school, other children, changes in the family, and stress. If you think your child's moods are more than a response to a good or bad day, talk to your health provider. He can help you figure out if your child deals with stress in an age-appropriate way, or if it's a sign of a mental health need.

- **Adolescence**: Do not let eye-rolling stop you from talking to your teen about school, friends, activities, and healthy behaviors. Your 11 – 21 year old still needs your support and guidance. Parents still have a lot of influence on their teen's choices. Your healthcare provider can also talk to your youth about healthy behaviors and ways to avoid risky behaviors.

What Can Families Do to Promote Family Support?

If you have questions about your child's health and development, speak to your healthcare provider. He or she can assess your child's development, reassure you when things are on track, and provide guidance and support if your child needs help.

- Before your baby is born, you may want to find a pediatrician, family practitioner or other primary care provider who will be your partner and help care for your child's health.

- Parenting can be overwhelming. If you ever think you might hurt your child, seek help. Call the Childhelp National Child Abuse Hotline – anytime (24/7) at 1-800-4-A-CHILD.

- You may want to join a playgroup so you can connect with parents whose children are at similar ages. While the children play, the parents can talk and share stories, ideas, and resources. You can discuss good ways to handle children's moods and behaviors.

- Be a healthy role model for your child. Eat well, exercise, talk to your children about their day, and avoid risky behaviors.

For information about Family Voices, please contact the Alabama state coordinators, Susan Colburn, 334-293-7041, susan.colburn@rehab.alabama.gov or Jerry Oveson, 251-438-1609, oveson@bellsouth.net.

Funderful Times with crocheting

The winter months leading into spring can be a difficult time to find fun things to do. However, when I was 13, I remember a rainy Saturday afternoon when my mother was sitting on the fireplace hearth crocheting in the light from the back door. She looked peaceful and relaxed. I had nothing to do and with the rain was unable to go hang out with friends or find anything but sports on television – which didn't interest me in the least. So, I sat down to annoy her. She quickly turned the tables on me, telling me stories of when she learned to crochet and how she taught her mother. It got my interest. Then, she got some yarn and a large crochet hook and taught me. That was many years ago (smiling), and I am still crocheting today.

I tried to learn to knit, but sadly, like all the piano lessons and guitar lessons I have had in my lifetime, I can't do two different things with my hands. Typing on this keyboard or sending text messages on my cell phone are the exceptions to this rule. Even a knitting teacher who owned a shop in a nearby city told me after my third beginner class that I might want to stick to crocheting. So, I have.

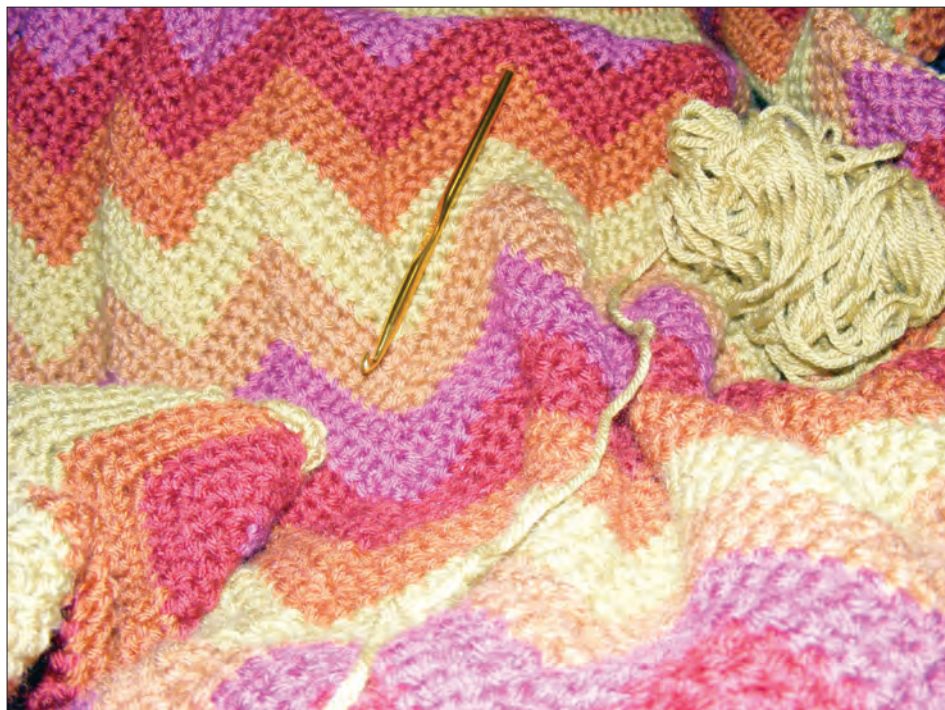
I have made and given away so many projects because crochet is fun for me. I love crocheting anything and everything in every color of the rainbow in every texture – from fiber to fabric to T-shirts to recycling jeans to linens. Once, at the ball field, I crocheted grass for a little girl! Really! Why? Because I can! You don't even need a hook!

I went to the internet website www.google.com and searched "crochet rope" one day and found tons of projects where people have made rope by taking their hands and weaving the pattern. It is amazing.

You might say, "Well, I don't have that kind of imagination!"

I don't either, but I at least had enough to search the idea and found it worthwhile to discover what others were doing with it.

Then I went with my husband one day to the hardware store. After I picked out the shower fixtures and he went on to pick out



lumber, I found a 5-gallon bucket to sit on and pulled out my crochet from my purse. It is perfect that way – fits right in your purse or bag for easy access wherever you are. I began to crochet on my project. It was amazing! I counted six men – big men, I tell you – who came up to me saying, "I used to crochet," or "I love to crochet." I enjoyed hearing their stories. That 5-gallon bucket came home with me as a reminder that regardless of where I am, Funderful Times can be had with a simple piece of yarn, a crochet hook and my hands. Because with those things, I can not only create warmth but I can create memories and fun.

You, too, can learn to crochet and bring respite to your life. And your child can learn with you. I have created easy how-to videos at www.youtube.com/ritahutchesoncobbs. The crochet scarves for Special Olympics is a great beginner project with various styles from which to choose. The patterns are available for free at www.redheart.com/blog/2012-special-olympics-usa-scarf-project. Let's get started with some fun times, bringing into contemporary times a tradition that you can do too.

Rita Hutcheson-Cobbs
Parent, Huntsville

Winter Word Search

BEAT THE WINTER BLAHS WITH A WINTER PUZZLE!

N	H	E	I	U	O	X	J	D	P	Y	X	R	N	F
M	Z	B	K	V	I	T	H	T	T	B	I	A	H	R
G	N	I	N	A	G	G	O	B	O	T	M	W	O	A
I	Y	C	O	P	L	H	R	V	E	W	S	X	E	C
L	J	D	N	C	E	F	Q	S	O	Q	L	L	T	S
S	K	A	T	I	N	G	W	N	R	S	E	K	A	Q
W	N	H	B	D	U	S	S	O	K	O	I	P	L	D
M	I	T	S	O	R	F	T	I	N	P	G	D	O	P
Z	M	N	M	S	D	U	I	O	Q	S	H	I	C	U
X	H	M	T	W	E	N	G	R	O	K	O	J	O	U
Y	M	F	S	E	G	E	X	T	Y	B	X	O	H	N
Q	B	R	S	S	R	E	R	V	I	A	J	G	C	Q
M	F	O	R	R	V	N	R	I	Y	S	J	P	T	N
J	T	R	V	F	D	C	H	X	D	D	E	K	O	K
S	X	Y	H	A	T	U	J	Q	P	M	P	I	H	N

Look for the hidden words in the winter word search puzzle. Remember, words can be diagonal, vertical, horizontal, frontward or backwards.

BOOTS
FROST
HAT
SLEIGH
SNOWFLAKE
SNOWMAN

HOT CHOCOLATE
TOBOGGANING
WINTER
SCARF
SKATING
SKIING





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Permit No. 109



Check Out What's Ahead ...

January 26-28, 2012

Attention Deficit/Hyperactivity Disorder Conference

Description: A professional development conference designed for educational staff, healthcare providers, human service professionals and community members involved in the assessment, treatment, and rehabilitation efforts of children and adults with AD/HD.

Site: Bryant Conference Center, Tuscaloosa

Information: Geri L. Stone, 205-348-6225 or gstone@ccs.ua.edu

Website: training.ua.edu/adhd/

March 2, 2012

Alabama Autism Conference

Description: This training is specifically designed to transfer the very latest research regarding etiology, diagnosis, and treatment of individuals with Autism, Asperger's syndrome, and related Autism Spectrum Disorders (ASD). The Conference will be beneficial to both professionals engaged in direct service provision and professionals engaged in research with individuals who have ASD.

Site: Bryant Conference Center, Tuscaloosa

Information: training.ua.edu/autism

March 5-6, 2012

Alabama Transition Conference

Description: This training conference will focus on transition from school to community for high school students with disabilities. Information and networking opportunities will be provided to professionals including counselors, teachers, job coaches, students, and families.

Site: The Marriot at Grand National, Auburn-Opelika

Information: <https://fp.auburn.edu/institute/XXII/Default.aspx>

April 16-17, 2012

Partners in Care Summit 2012

Site: Marriott Legends, Prattville

Information: Family Voices of Alabama, 1-877-771-3862 or www.familyvoicesal.org

Local PAC meetings: Check your local CRS office for dates and times of meetings in your area.